

HIGHLIGHTS:

FEATURED FUNDRAISER:

Pulled-Pork-Pull-Up Fundraiser

When: August 14th 11AM—1PM

Where: Northern Wake Senior Center Parking Lot

Drive through and Pick up Pre-Ordered Meal including pulled pork, baked beans, roll, and desert . Prepared, and provided by **Cadence Living of Wake Forest**. All proceeds go to the Senior Center.

Cost: \$10.00 per meal . Preorder and prepay. Cash only . Only 100 meals available. Call the Senior Center 919-554-4111 to prepay and signup.



FEATURED PROGRAM:

Name That Tune: Sponsored by

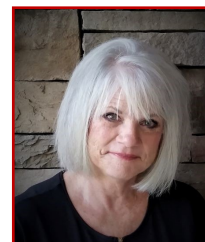


Every other Tuesday from 12—1:30pm

Beginning August 4th

Join Cynthia Halstead, Aetna Community Lead Generator, for some Music, Fun and Prizes.

The first event will be music genre from the 60s. Call 919-554-4111 to register and receive the zoom link. You won't want to miss this one!



Jennie Griggs
Program Director

Regardless of age, musical memories run deep in our soles and are most enduring in our minds. Even when there is cognitive decline, music activates circuits in our brains. David Leutin, neuroscientist and cognitive psychologist tells us that we tend to identify with music we were introduced to between the ages of 8 and 20. More specifically, our taste in music is refined between the ages of 11 – 14. We also know that music decreases loneliness, influences mood, and lessens pain. That is why we are so excited to bring you our new program, **Name that Tune**. Enjoy.



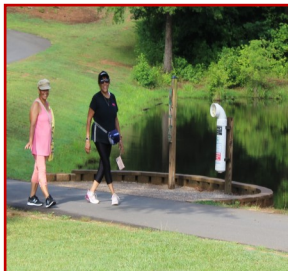
A shout out to Cadence Senior Living for their never-ending support of the senior center and sponsoring our fundraiser.

SUCCESS STORIES:

HERITAGE AUDIOLOGY FUNDRAISER:

Testimonial: "My experience with Heritage Audiology was outstanding. Everyone was professional and interested in my needs. After reading about the fundraiser in the newsletter, I decided it was an excellent time to support the center and deal with the itching in my ear. The procedure only took a few minutes and was painless. While I was there, I decided to have my ears tested. The team suggested a few things that I may want to consider for good hearing health and a path forward. There was no pressure to purchase anything or come back for additional services. I will go back for any future needs, and I hope you will schedule an appointment, meet them, and experience professional care as I did. Thank you, Senior Center, for introducing us." Pat Glover

WALK WITH EASE:



Whether in Joyner Park or participating virtually through Eastern Wake Senior Center, the Walk With Ease program is in full swing.

VIRTUAL SERVICES:

Free online hearing test: Heritage Audiology:

<https://link.edgepilot.com/s/21a95f44/BeyC-WVlzUG9-iEdDny-FQ?u=https://hearing-screener.beyondhearing.org/HeritageAudiology/oeYeDv/welcome> . Don't forget their summer ear wax cleaning

special . Did you know. "Earwax is essential. However, it can be burdensome when we have too much of it. When we have too much earwax, we can experience mild hearing loss, as the wax blocks sound and noise as it enters the ear. Blockage caused by too much earwax can cause earaches and the sensation that the ear is full or plugged up. Excessive earwax can also be determined by partial hearing loss, noises within the ear and itchiness. Furthermore, when there is too much ear wax, it can trap bacteria in the ear canal and cause infection." (Arash, 2018)

Summer Special

QUICK • EASY • PAINLESS
Ear Wax Removal

\$40

Call to Schedule



Susan Bergquist
Audiologist & Owner

Schedule an Appointment
(855) 252-1818

Heritage Audiology

3150 Rogers Rd, Suite 105
Wake Forest, NC
www.HeritageAudiology.com

OUR FIRST OFFICIAL SPONOR!

Donating half of proceeds
for ear wax procedure
through August 31 to the
senior center! Tell them we
sent you.

Heritage Audiology

Northern Wake Senior Center
919-554-4111
wfsccordinator@rfsnc.org

Eastern Wake Senior Center
919-365-4248
ewscordinator@rfsnc.org

VIRTUAL FITNESS CLASSES:

NEW: Yoga: Laura Wilson's weekly Yoga class is back ! (North & East Wake) We will start virtually. The class will be on MWF at 8:30 am beginning the week of August 10th. Please note that on that week we will only hold class on Monday the 10th and Wednesday the 12th. Call into the senior center for a waiver that must be signed prior to participating. After receipt of the waiver we will provide you the link. Class size is limited.



NEW: MARTY's SEATED Yoga Class is back Virtually! Class will begin Monday August 10th at 3:30pm. The class will be a 45 minute seated yoga class. Call the senior center for a waiver that must be signed prior to participating. After receipt of the waiver we will provide you the link. Class size is limited.



Line Dance is back with Ronnie: (North & East Wake) Every Thursday at 11am Space still available. Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.

Beginners KNOCK-OUT with Linda: (North & East Wake) Space still available. This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. Modified for our active adult community.



VIRTUAL CLASSES

COMING: The Voting Process led by Jerry Glenn: What do you want to know about voting but afraid to ask or do? Three session series; 1. What is the General Election, common terms to understand, Voter registration 2. Requested Absentee ballot request form, completing the ballot, voting day, locations & what they are going to look like 3. What are we voting for? General Election 2020 candidates, and the impact of COVID-Pandemic. Time and Date to be announced. Call the center to register and get more information.



Genealogy: Every other Monday at 2pm: New members welcome, call in to register for link to zoom.

Medicare 101 Virtual Class: Presented by Gary Knutson, Field Operation Manager, NCDOSHIP. Platform Microsoft teams. Call Susan McGuire to pre-register 984-232-4215 or raleighsc@rfsnc.org

Medicare

VIRTUAL PROGRAM OPPORTUNITIES

Pathways to Peace-Support Group: August 3rd 2 – 2:40pm:

- Grief Support Group at the Cary Senior Center the 1st Monday of the month. Sponsored by Heartland Hospice and Resources for Seniors. Contact: Heather Arcuri (919)462-3983 or carysc@rfsnc.org for more information.



Parkinson's Support Group Meeting—New and Current Therapies for Parkinson's Disease.

Time: Aug 5, 2020 .1:00 PM Eastern Time (US and Canada) Join Zoom Meeting . Meeting ID: 892 1341 7980
Passcode: 553745 <https://us02web.zoom.us/j/89213417980?pwd=dkQ0NmxDVnROOW9uTmJXa2wwcnNVdz09>

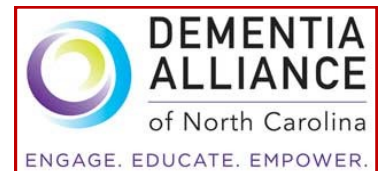


Daily Doses of Joy: August 12 at 11 am Webinar on how Important it is to have Joy in your Everyday Life. You will learn how to Increase your Joy Everyday. You may even experience some Joy and laughter during this fun virtual education event. You won't want to miss this one! To register go to: <https://us02web.zoom.us/meeting/register/tZUscOusqjwsH9GsOn6GL8FRb6rPc6o2QRX5>

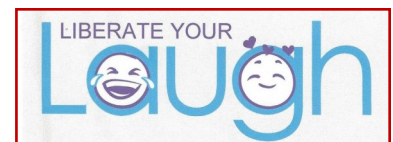


Alzheimer's and other Dementias Caregivers support group:-

August 20 at 10-11:30am: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email dharris@dementianc.org.



Liberate your Laugh: Wednesday, August 26th 11 am.. Program filled with laughter including a series of simple structured laughter and breathing exercises that bring more oxygen into the body. To register visit: www.DementiaNC.org/Laugh.



“Normal vs. Not Normal Aging”: September 23 at 11am . This is a 45 minute seminar and then Q & A. You don't want to miss this educational webinar involving Melanie Bunn from Teepa Snow's Positive Approach Team and the Dementia Alliance of NC. This is sponsored by Aware Senior Care and our own Resources for seniors. To register go to: <https://us02web.zoom.us/meeting/register/tZlvc--vpjwpGdxGOQ2II7KQHz1wXjN9GzkZ>



VIRTUAL PROGRAM OPPORTUNITIES CONT:



In communities across the country, COVID has driven an increase in concern over community safety and individual security. Author Rachel Snyder will share more on this important topic, as she has continued to research and write during COVID-19: <https://tfsnc.org/event/wake-upwithtfs/>

National Fall Prevention Awareness Week:

Dates: September 21-25th

A variety of virtual programs, classes and exercises will be offered every-day via Zoom from 1-3pm this during week. The specifics will be provided in next week's newsletter. Reserve the time on your calendar; you won't want to miss a beat.

Wake Tech Classes: Spanish Conversation classes for age 50+ : Seniors taking the class receive a 50% discount for this 9 week program! It will be held live on MS Teams from 8/26-10/21 from 4-6pm. Seating is limited to 12 students and it is open to the public. To sign up go to. <https://link.edgepilot.com/s/df4db6d9/INeP6o9sx0CjiekPgPqctg?u=https://www.waketech.edu/programs-courses/non-credit/about-wce/registration/catalog?course=CSP-4000BX2> . If you need assistance with MS teams call the senior center and ask for a **Zoomer** to assist.



DID YOU KNOW:

FREE Credit Reports from the three National Credit Reporting Companies starting now through April 2021 .Due to the COVID-19 pandemic, the three national credit reporting companies are offering [free weekly online credit reports](#) through April 2021. Use the [Requesting your free credit reports](#) tool from our [Your Money, Your Goals](#) financial empowerment toolkit to get a copy of your credit reports. Then use the [Reviewing your credit reports](#) tool to make sure your credit information is correct.

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DID YOU KNOW CONT:

There is help paying your heating and cooling bills:

NC Heating and Cooling Intervention Hotline and Assistance Program

<https://www.ncdhhs.gov/news/press-releases/crisis-intervention-program-has-439-million-assist-heating-and-cooling>

There are also free fans for those who qualify. Call the senior center at 919-554-4111.

There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 919-865-3830 and reference the Northern or Eastern Wake Senior Centers.

WE NEED YOU:

Virtual Store: Are you a crafter, potter, or seamstress,? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested.

Look to the right to view a few of the items available for sale.

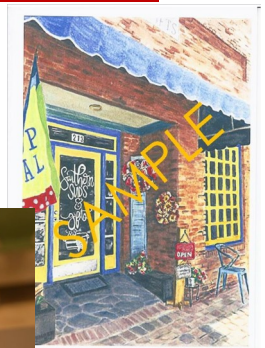
JUST A REMINDER:

Follow us daily on Facebook: New posts and live-streams Monday-Friday: www.facebook.com/NWSCenter.

Watch Northern and Eastern Wake's new YouTube sessions: www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw

ARE YOU INTERESTED:

In advertising with us or sponsoring an activity? Call either center for more information.



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ewscordinator@rfsnc.org

NEXT WEEK AT A GLANCE:

| Monday Aug 3 | Tuesday Aug 4 | Wednesday Aug 5 | Thursday Aug 6 | Friday Aug 7 |
|--|---|--|--------------------------|--|
| 8:00 Walk With Ease (NW)- Joyner Park) | | 8:00 Walk With Ease (NW)- Joyner Park) | | 8:00 Walk With Ease (NW)- Joyner Park) |
| | 8:30 Tai Chi (Full) | | 8:30 Tai Chi | |
| 9:00 Walk With Ease EW (Virtual) | 9:00 Beginners Knock-out | 9:00 Walk with Ease (EW) Virtual | 9:00 Beginners Knock-out | 9:00 Walk with Ease (EW)Virtual |
| | 9:30 Water Color | | | |
| 10:00 Aerobics | 10:00—11:30 Medicare 101 | 10:00 Aerobics | | 10:00 Aerobics |
| 11:00 Drawing Class | | | | 11:00 Line Dancing with Ronnie (Virtual) |
| 11:30 Zumba Gold | | 11:30 Zumba Gold | | 11:30 Zumba Gold |
| | 12:00 Name that Tune | | | |
| | 1:00 Acrylics | | 1:00 Need 2 Know | |
| 2:00 Genealogy | | | | |
| | 2:30—4:00 Powerful Tools for Caregivers | | | |
| 3:30 Live stream | 3:30 Live stream | 3:30 Live stream | 3:30 Live stream | 3:30 Live stream |

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